

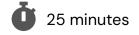




# **Chicken Piccata**

# with Ribboned Zucchini Salad

Pan-fried chicken schnitzels with a bright and vibrant lemon and caper sauce, served over sweet potato mash with fresh ribboned zucchini and basil salad.







Switch it up!

Make it pasta! Instead of serving over sweet potato mash, dice the sweet potato and cook in a frypan with zucchini until tender. Toss through cooked pasta along with the sauce. Slice schnitzels and serve over pasta with basil and walnuts.

PROTEIN TOTAL FAT CARBOHYDRATES

36g

35g

75g

#### FROM YOUR BOX

SWEET POTATOES	1kg
WALNUTS	1 packet
ZUCCHINIS	2
BASIL	1 packet
LEMON	1
CHICKEN SCHNITZELS	600g
BABY CAPERS	1 jar

#### FROM YOUR PANTRY

oil for cooking, olive oil, butter, salt, pepper, cornflour, dried thyme

#### **KEY UTENSILS**

large frypan, saucepan

#### **NOTES**

You can add parsley, shallot, garlic, chives and 1/2 stock cube to your sauce to give it even more flavour!



#### 1. MAKE THE MASH

Roughly chop **sweet potatoes**. Place in a saucepan and cover with water. Bring to a boil for 10 minutes until potatoes are tender. Drain and return to pan. Mash with **2 tbsp butter** to a smooth consistency. Season with **salt and pepper**.



#### 2. TOAST THE WALNUTS

Heat a large frypan over medium-high heat. Roughly chop **walnuts** and add to pan. Toast for 5 minutes until golden, remove to a large bowl and reserve pan.



### 3. MAKE THE ZUCCHINI SALAD

Ribbon **zucchinis**, thinly slice **basil** leaves and zest and juice **lemon** (reserve juice for step 5). Add to walnuts and toss with **2 tbsp olive oil**.



## 4. COOK THE SCHNITZELS

Reheat frypan over medium-high heat. Coat chicken in oil, 2 tsp thyme, salt and pepper. Add to pan and cook for 4-5 minutes each side or until cooked through. Remove to a plate and keep pan over heat.



# **5. MAKE THE SAUCE**

Drain and rinse **capers**. Add to frypan along with **2 tbsp butter** (see notes). Cook until butter melts. Add lemon juice, **1 1/2 cups water** and **1 tbsp cornflour**. Whisk to combine. Simmer for 2-4 minutes until mixture thickens.



#### 6. FINISH AND SERVE

Divide mash among plates. Serve with schnitzels and zucchini salad. Spoon sauce over schnitzels and salad.



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